



# 2025-2026 WIAA Dance/Drill Casebook



*The WIAA Dance/Drill Casebook is designed to be the official supplement to the NFHS Spirit Rules book.*

**Throughout the book you will see references to these organizations:**

National Federation of State High School Associations (NFHS)

[www.nfhs.org](http://www.nfhs.org) | [www.nfhs.com](http://www.nfhs.com)

Washington Interscholastic Activities Association (WIAA)

[www.wiaa.com](http://www.wiaa.com)

Washington Officials Association (WOA)

[www.woa-officials.com](http://www.woa-officials.com)

Washington State Dance/Drill Judges Association (WSDDJA)

[www.wsddja.org](http://www.wsddja.org)

Contact information for officers under About Us > Directory

Washington State Dance/Drill Coaches Association (WSDDCA)

[www.wsddca.com](http://www.wsddca.com)

Contact information for officers under Contact Us

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**Note on Casebook changes:** The archived *2024–2025 Dance/Drill Casebook* is still available on the WSDDCA website as a supplemental resource. Please note that the **casebook rule numbers have been updated** to reflect the renumbering changes in the **2025–2026 NFHS Spirit Rule Book**. Current rules may therefore appear under different numbers than those shown in the archived edition.



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# PART 1: GETTING STARTED WITH NFHS RULES

Each year in August, the WIAA sends two NFHS Spirit Rules Books to each school. The athletic director should give one book to the dance/drill coach. To get an early start on learning the new rules, coaches can order their own book in a printed format or e-book format at [www.nfhs.com](http://www.nfhs.com). Books are printed in June/July. A good way to remember to order the new book is to place an online order right after State. The printed version becomes available sooner than the e-book format.

All coaches must complete the WIAA online dance/drill rules clinic through FinalForms by Sunday of the third week of the winter season. Work with your athletic director to complete this requirement.

In addition, the WSDDJA offers a safety/technical update at the WSDDCA Fall Conference. New rules and interpretations are covered at this meeting.

It is the duty and responsibility of the coach to read and understand the NFHS rules. The coach should educate all athletes about the rules and any new changes each year. NFHS Rule 1.1 General Risk Management states ***“A coach must not permit a team member to participate if in the judgment of the coach, the participant does not conform to NFHS rules.”*** If an athlete refuses to comply with NFHS rules, the coach must remove the athlete from participation and refer him/her to the athletic director.

It is the coach’s responsibility to document all of their professional development--clinics, certifications, professional development (including, but not limited to first aid, CPR, concussion, sudden cardiac arrest) AND share this information with their supervisor. Be sure to track expiration dates. Keep copies of certificates.

## PART 2: SPORTSMANSHIP

### GENERAL SPORTSMANSHIP

It is the responsibility of the coach to lead by example and set the standard for the team and fans for sportsmanship at all dance/drill events. The NFHS Spirit Rules Book states a coach, participant, or team attendant must not commit an unsportsmanlike act including:

1. Disrespectfully addressing or contacting an official/judge
2. Gesturing in a manner to indicate resentment
3. Using profane or inappropriate language, music, or gestures
4. Baiting or taunting an opponent

Unsportsmanlike conduct by participants, coaches, or spectators may impact a team’s score and/or may result in ejection.



## COACHES AND OFFICIALS

Coaches should exercise good judgment when choosing the time and place to address an official/judge. Coaches must not approach during a performance or in the proximity of an upcoming performance. When clarification or discussion is needed, please be respectful of officials' limited time. If a ruling needs to be protested, follow the formal appeal procedure outlined later in this document under *Appeal Process*, always being mindful and respectful of the Safety Technical Judges' time.

Coaches are responsible for reminding and enforcing with parents, guardians, and fans that they must not encroach upon the judges' area in the stands, nor interact with judges during the event. Respecting officials' time and space ensures a fair, safe, and professional environment for all participants.

If you have a concern about an official, email the WSDDJA President at [wsddjapresident@gmail.com](mailto:wsddjapresident@gmail.com). Formal complaints about officials should be brought to your athletic director (or other school administrator) who can take your concern to the Washington Officials Association (WOA).

## PART 3: WIAA DANCE/DRILL LIFT CERTIFICATION

WIAA Handbook Q&A 23.5.11 mandates "Hands on" Lift Certification is required for dance/drill coaches who intend to have their squad(s) perform lifts. The certification program must be approved by the Washington State Dance/Drill Coaches Association, and the WIAA. At least one coach must be recertified every two (2) years with "hands on" training. Each team must have a lift certified coach directly supervising lifts during practice and competition in order for an athlete(s) to be eligible to stunt/lift.

Go to the WIAA website at [MyWIAA](#) Sports & Activities < Sport-Specific Resources < Dance/Drill and click on the "Lift Certification" link under "General Resources" for the clinic dates. Registration for all clinics is through the WIAA website. Coaches should ask their school supervisors if the school has funds to pay for this certification. Clinics are held periodically in the summer and fall. Anyone may host a clinic at their school; contact Cindy Adsit at [cadsit@wiaa.com](mailto:cadsit@wiaa.com). There must be at least six (6) coaches registered to run a clinic.

After attending an in-person, WIAA-approved Lift Clinic and passing the test, follow the directions at MYWIAA as directed above to access your certificate. If you are unable to complete any of the steps above in retrieving your certificate, please email Nick Mendro at [nmendro@wiaa.com](mailto:nmendro@wiaa.com)

Coaches should keep the original certificate in their professional file, and give a copy to their supervisor. Note the date of the clinic and **renew the certificate every 2 years**. WIAA no longer maintains a list of coaches who are certified; it is the responsibility of the coach to keep track of when their certification needs to be renewed.



# PART 4: CASEBOOK POINTS OF EMPHASIS

## MUSIC GUIDELINES

Schools must have the appropriate copyright approval for the music utilized in a public performance.

The WIAA Postseason Operating Procedures (SOPs) have specific guidelines for music that apply to all dance/drill routines throughout the season; see Forms and Documents section. The information provided here is intended as a supplement to the WIAA Postseason Operating Procedures (SOPs) and is to help coaches and judges better understand how music rules are applied.

Music/lyrics should be appropriate for the entire audience. Pay special attention to what lyrics *may* be conveying to a listener *in combination with* the choreography and costuming.

1. It is the coach's responsibility to be aware of what is in the music and make sure all lyrics are school appropriate. If a song wouldn't be appropriate in a classroom setting it is not appropriate for a school dance/drill team. Coaches must screen all music, not just newer music. Many genres over several of the past decades contain inappropriate language. Hip Hop is not the only genre that may have inappropriate lyrics.
2. Any inappropriate words, terms, or phrases must be completely edited out, not simply disguised by a sound effect. The section should be completely deleted or erased and replaced with a sound effect. In addition to terms commonly considered profane, the following words are considered inappropriate: Damn, bitch, "ho" as a reference to women, references to urination and defecation. The term "mother f\*\*\*er" is considered a single inappropriate phrase, both words must be edited out.
3. Inappropriate words/profanity in *any* language is not considered appropriate.
4. Lyrics directly and clearly referring to the use of illicit drugs, legal medications (e.g. Rofitussin or oxycodone) used recreationally as drugs, consumption of alcohol, or sexual activities are not allowed. However, lyrics discouraging these activities are considered appropriate.
5. Lyrics simply containing the word gun (or other weapons) are acceptable. However, any reference to violence with a weapon is unacceptable. Use of the term "murder" is subject to interpretation of context. If referring to the act of killing someone, it would be deemed illegal; if lyrics discuss "murder" in the slang sense similar to "slay" or "killing it", it could be considered legal.
6. Innuendo is subject to interpretation. If concerned, send music to the WSDDJA for pre-approval.
7. ***When in doubt take it out.***

## CHOREOGRAPHY GUIDELINES

### ACCEPTABLE

All movement is free. If a person performed a particular movement, and then someone saw that movement and interpret it into her/his own body, and then performed it, the movement would not be a direct copy. That is artistic inspiration/interpretation, not plagiarism. Choreography is influenced by that which preceded it.



Choreographers may watch a performance, get ideas, and then interpret them in their own manner. A choreographer can learn a seed phrase from someone else, take her favorite part, and then create a new phrase inspired by that.

Choreographing is like writing a book. Although you, the writer, use words you have learned from others and may include allusions to other works of literature, the idea, and putting the words together, is a very personal artistic endeavor.

## **NOT ACCEPTABLE**

It is not acceptable for a team to copy specific sections of dances, or entire dances. In some cases teams who do this are using professional choreography they did not pay for and do not have permission to use. When a part of dance is recognizable as another person's or team's material and is borrowed without permission, it is unacceptable. This is plagiarism. However, borrowing sections of well-known, professional dance would be acceptable in a tribute type of routine (e.g. a Fosse tribute routine).

## **LANGUAGE COACHES MAY WANT TO CONSIDER**

All material taught to the team is meant for the team only. Members are not to teach any form of the material unless given permission from the head coach/choreographer.

## **MATERIAL TAUGHT AT CAMPS**

Many camps teach routines at camp with the intention that they will be used by the team throughout the season. This is acceptable when the camp director gives the team permission to do so.

## **UNIFORMITY**

It has long been a part of dance/drill culture to strive for uniformity in appearance; however, it is essential that coaches strive to respect the individual traits of their dancers to promote inclusion. This can include considerations such as tights and shoes that match athletes' natural skin tones, accommodating hair/hairstyles, and selecting make-up that flatters all members of the team. Such considerations will not be assessed in a way that negatively impacts scores.

## **STOPPING A PERFORMANCE**

Only a coach may stop a performance when a performer is ill or injured, when potentially harmful bodily fluids are on the performance surface, or during a music malfunction. ***The coach should immediately notify the person running the music.***

After taking care of immediate medical/safety needs, the coach should confer with the competition host/event manager to determine what immediate action needs to be taken and to decide when to resume the performance. The competition host/event manager should confer with the head judge before making a final

decision. They need to consider the needs of the performers and the impact on the overall order of performance. Once a decision is made, coaches, judges, and announcer/music personnel must be notified.

When that team's performance resumes, performers will begin at the start of the routine, but judging will resume at the point the performance was stopped to avoid judging part of the routine twice.

*No penalty will be assessed for stopping and restarting the performance.*

## **PART 5: WSDDJA SAFETY TECHNICAL (ST) INTERPRETATIONS**

The following situations are derived from rules interpretations provided by the WIAA and NFHS. Rules interpretations are given to further clarify NFHS rules.

The WSDDJA Safety Technical Interpretations sheet has been compiled over several years. As NFHS rules change, interpretations change and are reviewed annually by the WIAA and WSDDJA.

### **WIAA POSTSEASON OPERATING PROCEDURES (SOPs) INTERPRETATIONS**

**SOP 7.4.6: (Removing Clothing/Accessories and Manipulating)** Participants in a hip-hop routine take off their jackets and swing them around creating visuals. **RULING:** Points would be deducted by *performance* judges for not following category guidelines. Clothing and accessories that become detached and manipulated are considered props and are only allowed in the Prop category.

**SOP 7.4.6: (Saber and Rifle Use)** As part of a Color Guard in a Prop routine, participants use sabers and rifles. **RULING:** Use guns, swords or rifles is appropriate in a color guard routine. Routine would have to be approved by an administrator or WIAA as appropriate. Illegal to use a prop as a weapon or to depict a weapon.

**SOP 9.1: (Timing of Routines)** Participants in a kick routine start by stomping and chanting before the music actually starts. **RULING:** The clock starts at the obvious start of the routine or the first movement. In this situation the clock would start at the beginning of the stomping and/or chanting.

**SOP 9.1: (Timing of Routines)** At the end of a military routine, the team's music continues without stopping and participants continue dancing as they exit. As the last participant exits the floor, the judge stops the watch at 4:15 and a penalty is given for going overtime. **RULING:** Timing stops at the first obvious ending. If there is no obvious ending, the end is when the last performer exits the performance floor. The obvious ending is when participants clearly stop motion.



**SOP 10.1: (Tap Shoes)** Participants in the dance category are wearing tap shoes on the gym floor. **RULING:** Illegal in all categories except for the Show category and ONLY allowed if on a false floor/box or board to prevent damage to the floor.

**SOP 12.2.1: (Sportsmanship/Depicting Weapons)** Music for a routine contains the words “ho” and “damn”. **RULING:** The following words are considered inappropriate (these are in addition to terms commonly considered profane): Damn, bitch, "ho" as a reference to women, references to urination or defecation. The term "mother f\*\*\*er" is considered a single inappropriate phrase, both words must be edited out completely. Sexual innuendo is also discouraged. Direct and clear references to activities that are illegal for minors are also illegal (taking shots of liquor, popping bottles of champagne, etc). Lyrics must be completely edited out, not just partially edited or covered with sound effects. A 5-point violation would occur.

**SOP 12.2.3: (Sportsmanship/Depicting Weapons)** The music contains gunshot sound effects. During these sounds, participants execute toe touches. **RULING:** Sound effects cannot depict harm. It is the choreography and/or props depicting harm that will cause a violation. Use of gunshot sound effect is legal as long as there is no reference to weapons, guns or harming others in choreography.

**SOP 12.2.3 (Sportsmanship/Depicting Weapons)** During a “pirate” themed routine, participants *pretend* to hold swords and mock sword fight. No participant appears to be “hit” or “harmed”. **RULING:** Legal. since no actual “harm” was inflicted on others or was depicted.

**SOP 12.2.3: (Sportsmanship/Depicting Weapons)** Participants in a “police” themed routine make “guns” with fingers/hands. They take aim at other participants and “shoot” at them while gunshot sound effects are playing, and they fall as though “dying”. **RULING:** Illegal to depict harming others with fake or prop weapons. A 5-point violation would occur.

## NFHS RULE 1 GENERAL RISK MANAGEMENT

### SECTION 1: GENERAL

**1.1.4:** Fingernails, including artificial nails, must be kept short, near the end of the fingers.

**1.1.12 SITUATION: (Manufacturer’s Logos)** Participants wear a) shirts with a Harry Potter logo with a Harry Potter themed hip hop routine b) knee braces with a Nike logo in a 90’s themed routine c) oversized Under Armour logo on wristbands in a routine with no theme and d) an oversize manufacturer’s logo on the front bottom of a baseball jersey in a routine with no theme e) exposed waistband of underwear with a logo. **RULING:** a) Legal, b) c) d) and e) Illegal. A manufacturer's logo or trademark is considered anything sewn on, embroidered, silkscreened or printed on an apparel item *excluding shoes, socks, and accessories* that comes directly from a manufacturer and represents their brand or company name (e.g. Nike swoosh, Nappytabs logo). Any team in any category performing a themed or novelty type routine may wear a logo of any size if it is consistent with the theme of their routine. Teams not performing a themed routine must adhere to the 2 1/4 guideline for logo size. No penalty would be given for a replica or look-a-like logo that teams create. WIAA clarified this ruling in 2013-13.

# NFHS RULE 3 DANCE

## SECTION 1: DANCE/DRILL/POM APPAREL/ACCESSORIES

See NFHS spirit book for rulings that are not identified in the casebook with interpretations.

**3.1** Wearing “hard” jewelry is not permitted, except when securely affixed to a costume or the hair.

**3.1.1 SITUATION A:** Dance team member wear: (a) rhinestone bracelets; (b) jewels glued to their skin; (c) gauges in stretched ear piercings; (d) post earrings covered by tape; (e) plug or spacer in a piercing; (f) soft fabric chokers and wristbands that are decorated with small rhinestones; (g) necklaces that are sewn to their costumes; (h) a dermal piercing with the jewelry removed. **RULING:** (a), (b), (c), (d), and (e) illegal; (f), (g) and (h) legal. **COMMENT:** (c) Participants may cover the opening with tape after removing the gauge jewelry; (h) an under-skin dermal anchor may remain in place.

**3.1.1 CASEBOOK SITUATION A: (Chokers Necklaces/Chokers That Are Tied)** Participants are wearing choker necklaces made of hard plastic beads and tied in knots. **RULING:** Illegal. Must be made of soft material. If stunting, items should be able to break away if fingers are caught.

**3.1.1 CASEBOOK SITUATION B: (Chokers-soft/Wristbands with Studs, Stones or Grommets)** Participants in a dance routine are wearing a) soft chokers with a Velcro closure and b) wristbands with gems and c) rhinestones attached to hard bracelets. **RULING:** Both a) and b) Legal, c) Illegal. Chokers and wristbands must be made of soft material. If stunting, items should be able to break away if fingers are caught. *WIAA clarified that wristbands are allowed in 2015.*

**3.1.1 CASEBOOK SITUATION C: (Choker/Metal Attached to Top of Halter at Neck)** Participants in a themed routine dance wearing a halter top that is secured with a thin metal ring through the neck hem. **RULING:** Legal, if the necklace is sewn into the costume neck hem.

**3.1.1 CASEBOOK SITUATION E: (Crowns)** Participants in a “princess” themed dance routine dance wearing crowns. **RULING:** Legal if securely affixed to the hair. If a safety situation occurs during lifts/tumbling or execution, penalties may be assigned.

**3.1.1 CASEBOOK SITUATION F: (Face Paint)** Participants in a “Lion King” themed routine dance wearing face paint for each character. **RULING:** Legal, face paint is considered makeup.

**3.1.1 CASEBOOK SITUATION G: (False Eyelashes)** Participants are wearing a) false eyelashes b) false eyelashes with red glitter and c) false eyelashes with gems on them. **RULING:** All are legal and considered makeup.

**3.1.1. CASEBOOK SITUATION H: (Jewels or Sequins Glued to Face or Hair)** Participants are wearing a) gems glued to the face and b) sequins glued to the face c) gems and sequins glued to the hair d) stickers applied with water like tattoos. **RULING:** a) and b) Illegal, c) and d) Legal. Gluing jewels or single sequins to the face are illegal.

**3.1.1 CASEBOOK SITUATION I: (Rhinestone Accessories)** Participants wearing rhinestone a) earrings b) bracelets, c) individually glued to face or skin and d) glued to headbands and wristbands. **RULING:** a) b) and c) Illegal, d) Legal. Rhinestone headbands and soft fabric chokers or bracelets with rhinestones glued on are legal. Accessories must not interfere with safe execution of a stunt or tumbling.

**3.1.2 SITUATION A: (Stepping on Untied Shoelaces, Pants, or Leg Warmers)** During a performance, a) almost all participants are wearing pants that are not properly hemmed to fit, and are stepped on while dancing b) dancers wear pull on foot coverings that fall under foot c) one dancer steps on the hem of his pants d) shoelaces of two dancers become untied and are stepped on. **RULING:** All illegal. Hems that fall under the performer's feet cause a safety hazard if participant steps or dances on them. Hems close to the floor would not present a problem as long as they are not underfoot. Shoelaces should be secured. Untied shoelaces pose a tripping hazard and would be assessed as either a team or individual issue if underfoot. A **5-point deduction** would be given if this is ruled as a team issue (a and b) since apparel for the majority would not be appropriately safe for activity. If there are a few participants with the issue b) c) and d), a **.5 deduction** per incident will occur.

**3.1.2 CASEBOOK SITUATION A: (Costume Piece/Shoe/Accessory Falls off)** While performing, participants experience a) hat falling off, b) shoe comes off, c) a hair piece drops off. **RULING:** Illegal, there will be a .5 penalty for an accidental costume malfunction that does NOT become a safety concern. Even if no one steps on an item. If a malfunction occurs, 0.5 penalty would be assessed.

**3.1.2 CASEBOOK SITUATION B: (Midriff-Sheer Fabric)** Costumes are legal if they cover the midriff with skin-tone or any color opaque fabric beneath any non-opaque material. Illegal if: Any bare skin or non-opaque fabric in the front midriff area (bra line to navel, hip to hip) without an opaque underlay. No skin should be visible in this area while standing at attention. (Pre-approval will need to be required)

**3.1.2 CASEBOOK SITUATION C: (Hats in Stunts/Tumbling)** Participants are executing lifts and airborne tumbling and wearing a) cloth beanie b) a flat billed trucker style hat and c) a top hat. **RULING:** Legal if the hat remains secure on the head and does not restrict vision or interfere with the lift/stunt or tumbling skill. Hats with bills above the brow obstruct vision on certain tumbling elements (e.g. backward skills) and interfere with ability to base stunts. Hats would be judged on an individual basis. Ruling revised 2021-2022.

**3.1.2 CASEBOOK SITUATION D: (Hooded Sweatshirts While Stunting/Tumbling)** Participants wearing hoodies execute extended lifts and airborne tumbling. **RULING:** Legal if hood does not interfere with the safe execution of stunts/lifts or tumbling, nor restrict vision or mobility. Revised 2021-2022.

**3.1.2 CASEBOOK SITUATION E: (Masks-Full)** Participants wearing large “V/Vendetta” full face masks execute a) a flat back lift, b) a backhandspring c) a toe touch. **RULING:** a) and b) Illegal, c) Legal. Illegal to stunt or tumble in full face mask. Legal to wear for general participation. All masks will be judged on an individual basis. Costumes must not restrict vision. Masks (either half or full) that are tight to the face and do not restrict vision or the safe execution of the skill are legal for stunting and tumbling.

**3.1.2 CASEBOOK SITUATION F: (Masks-Half Face)** Participants wearing half masks that are glued tightly to the face execute lifts and tumbling skills. **RULING:** Legal, all masks will be judged on an individual basis. Costumes must not restrict vision. Masks (either half or full) that are tight to the face and do not restrict vision or the safe execution of the skill are legal for stunting and tumbling. Note: Personal

protective equipment (PPE) shall be ruled as all other costuming. Protective masks should not interfere with vision, stunting should not be performed while wearing full face shields, etc.

**3.1.2 CASEBOOK SITUATION G: (Metal on Costumes)** Participants wear a) metal belt buckles, b) metal grommets on pants, c) metal zippers on Hip Hop costume and d) metal chains on pants. **RULING:** All are legal, if appropriate for activity. Safety Technical Judge would need to determine if the edges were sharp (large metal studs-pointed) or could damage the floor or participants.

**3.1.2 CASEBOOK SITUATION H: (Nylons or Tights Worn in Lifts)** Participants execute extended lifts wearing a) sheer dance tights b) nylon pantyhose and c) opaque dance tights. **RULING:** All are legal. All apparel deemed appropriate for dance would be legal for stunting and tumbling at all levels (including extended) IF it meets current guidelines in Rules 3. Examples of legal attire would be leotards, tights, nylons, jazz pants. Ruling clarified in 2013.

**3.1.2 CASEBOOK SITUATION I: (Skirts-Airborne Tumbling)** Participants in below knee dresses execute side aerials. **RULING:** Legal, if the skirts are not long enough to impair the vision or movement of any participant while inverted.

**3.1.2 CASEBOOK SITUATION J: (Skirts-Lifts)** Participants execute a flatback at prep level in skirts. **RULING:** Legal; the top person's costume must be secured in such a way that it does not interfere with the vision or grip of any member of the stunt group at any time. It is legal for a base to be in a skirt as long as their movement is not impaired.

**3.1.2 CASEBOOK SITUATION F: (Sunglasses)** Participants wearing sunglasses take them off and dance with them in hand. **RULING:** Illegal, if taken off and manipulated and competing in any category besides Show as it becomes a prop. Legal to use as a costume in any category. Note: Sunglasses would be judged independently when lifting/tumbling since vision and safety may be compromised.

**3.1.3 CASEBOOK SITUATION A: (Wearing Heelys)** Participants performing in "Heelys" shoes with wheels. **RULING:** Legal. Footwear rules apply when lifting or tumbling.

**3.1.3 CASEBOOK SITUATION B: (Floor Covers)** Participants performing barefoot step off the floor cover while a) doing a chassé b) reaching for a prop that has gone off the cover. **RULING:** a) and b) Illegal Note: it is illegal to dance barefooted unless performers are on a floor cover.

**3.1.3 CASEBOOK SITUATION C: (Socks/slippers)** Participants dance in a) fuzzy socks with rubber grips on the soles b) slippers c) tube socks. **RULING:** All illegal. Socks and slippers are not considered safe and appropriate footwear for Dance. (2021-2022)

**3.1.3 CASEBOOK SITUATION D: (Slip-on shoe coverings under the shoe)** Participants dance in a) slip-on shoe covers that wrap under the sole of the shoe b) decorative shoe sleeves that cover or slip under the bottom of the shoe. **RULING:** All illegal. Any slip-on shoe covering that extends under the shoe alters the sole's traction and creates an unsafe surface. These coverings may slide, shift, or reduce the grip of the shoe, and therefore are not considered safe or appropriate footwear.

**3.1.3 CASEBOOK SITUATION E: (Footwear-Bases)** Three bases of a prep are wearing dance paws while the top person wears jazz shoes. **RULING:** Illegal. Bases as well as top persons of stunts at prep level where the feet are in the hands of the bases must wear a full sole with non-slip soles.

**3.1.4 CASEBOOK SITUATION A: (Glitter Fabric)** Participants are wearing tops made of glitter fabric. During the performance, large quantities of glitter come off the fabric and remains clearly visible on the floor. **RULING:** Illegal if glitter can be seen on the floor.

## **SECTION 2: LIFT PERSONNEL**

See NFHS spirit book for rulings that are not identified in the casebook with interpretations.

**3.2.1 SITUATION A: (Base Holding Poms)** Participants in a pom routine (holding poms) execute a) thigh stand b) T-lift and c) flatback d) are on hands and knees while a top person sits on his/her back. **RULING:** a) legal; b) c) and d) illegal. Illegal if the base's hands are the primary support for the stunt. Legal if the base's hands are NOT the primary support for the stunt.

**3.2.2 CASEBOOK SITUATION A: (Bases Extended Stunt-Walk)** Participants executing an extended flatback walk in a circle. **RULING:** Legal. Walking on the performance surface while in a lift is not considered a violation.

**3.2.7 CASEBOOK SITUATION A: (No Spotter-Show & Go)** Without a spotter present, participants perform a prep, then push the top person to an extension and immediately return them to the prep level. The lift does not stop in an extended position **RULING:** Legal. Per rule 3.2.7 spotters are required for stunts that **stop** in an extended position. Preps that pass through an extended position without stopping are legal.

## **SECTION 3: INVERSIONS**

See NFHS spirit book for rulings that are not identified in the casebook with interpretations.

**3.3.2 CASEBOOK SITUATION A: (Inverted Extended Lift)** Participants execute an extended flatback. The bases briefly lower the top person into an inversion, then push back to an extended position. **RULING:** Legal for a top person to pass through an inverted extended position. The top person cannot begin, end, pause or stop in an extended inverted position.

**3.3.6 CASEBOOK SITUATION A: (Head Dropped out of Alignment)** Participant drops head out of alignment while executing a) Vertical T-lift and b) triple base flatback and c) double base flatback with spotter. **RULING:** All are Legal. As long as shoulders and waist stay in alignment, this is not considered an inverted position unless shoulders go below the waist.

**3.3.6 CASEBOOK SITUATION B: (Suspended Roll-Prep Position)** A top person in a prep grasps the hands of a post and performs a forward suspended roll. The top person is caught in a cradle by new bases that were a) in place when the roll was initiated b) involved in another stunt immediately prior to moving into position to catch the top person. **RULING:** a) legal b) illegal. The top person must maintain hand to hand/arm contact with two bases or post who controls the lift.

## SECTION 4: NON-RELEASE LIFTS

See NFHS spirit book for rulings that are not identified in the casebook with interpretations.

**3.4.2 CASEBOOK SITUATION A: (Lifting Over a Person)** During a triple base flatback, there is a participant in the middle of the lift that is not helping stabilize the top person. **RULING:** Legal as of 2019-20. Stepping on said participant would be a **5 point penalty**.

## SECTION 5: RELEASE LIFTS

See NFHS spirit book for rulings that are not identified in the casebook with interpretations.

**3.5.1 CASEBOOK SITUATION A: (Cradle to New Lift)** Top person is dismounted to a cradle and immediately transitioned to a new lift. **RULING:** Legal. The cradle is considered the end of the lift. Moving to a new lift is legal.

## SECTION 6: SUSPENDED LIFTS

See NFHS spirit book for rulings

## SECTION 7: DISMOUNTS FROM LIFTS

See NFHS spirit book for rulings

## SECTION 8: TUMBLING

See NFHS spirit book for rulings that are not identified in the casebook with interpretations.

**3.8.2 CASEBOOK SITUATION A: (Tumbling with Hands-free Poms)** Participants execute handstands and cartwheels with hands-free poms. **RULING:** Illegal. Hands-free poms are ruled the same as regular poms for tumbling. Tumbling with hands-free poms is prohibited except for forward and backward rolls or skills where the hand(s) are not used for support (i.e. aerials).

**3.8.6 CASEBOOK SITUATION A: (Airborne Twisting Skills)** A dancer performing on a gym floor executes a) a round-off b) a Barani (forward airborne flip with half twist that takes off from both feet and lands with both feet together) c) an aerial round-off (round-off with no hands; takes off one foot at a time). **RULING:** a) legal; b) and c) illegal. Only round-offs and aerial cartwheels are legal without a mat or grass.

## SECTION 9: DROPS

See NFHS spirit book for rulings that are not identified in the casebook with interpretations.

**3.9.1 CASEBOOK SITUATION A: (Falling from Lifts/Skills)** Participants fall out of a skill and land on the performing surface on a) seat b) knees c) chest. **RULING:** Legal if the fall was from a non-airborne position, even if hands or feet do not first bear the weight or the fall is not controlled. Illegal and ruled as an accidental drop if from an airborne position and no control is shown (unless hands or feet bear the weight first).

**3.9.1 CASEBOOK SITUATION B: (Drop to Jazz Sit)** Participants start standing, then a) twist/turn to land on the floor in jazz sit while catching weight with hands b) pirouette to land in jazz sit, and c) leap to land in jazz sit. **RULING:** a) and b) legal, c) illegal. Landing from a non-airborne position is legal with or without the hands catching the weight. Leaping and dropping would be considered dropping from an airborne position and is illegal.

**3.9.2 CASEBOOK SITUATION C: (Flying Squirrel)** Participants squat, jump forward with their body horizontal and land in a push up position. **RULING:** Legal Flying Squirrel. Impact on wrists/arms is considered low risk due to starting in a squat position.

**3.9.2 CASEBOOK SITUATION D: (Flying Squirrel)** Participants execute a Flying Squirrel (jump forward to land in plank) with another participant performing a log roll underneath. **RULING:** Legal, neither element (Flying Squirrel or log roll) is considered a tumbling element. Must not jump UP into a Flying Squirrel. Must push forward from the squat position.

## SECTION 10: PROPS

See NFHS spirit book for rulings that are not identified in the casebook with interpretations.

**3.10.3 CASEBOOK SITUATION A: (Lying on Chair Inverted)** Participants are lying on their stomachs on a chair back with body tilted down (shoulders below waist), towards the seat, hands holding the seat for support with legs in air. **RULING:** Legal for top person to be inverted on a prop if they are lying on a prop at least 1 foot wide and not more than 3 feet high. Width of prop/height is the determining factor.

## POMS

1. **Choreographed Placement:** If a dancer steps on a pom intentionally placed on the floor as part of the routine during lifts or tumbling, a **5-point deduction** applies due to safety considerations.
2. If a dancer accidentally drops a pom and another dancer steps on it, a **0.5-point deduction** applies **if there is an indication of slipping or falling**, reflecting the minor safety risk.

## SECTION 11: SPOTTING PARTICIPANTS ON PROPS

SSee NFHS spirit book for rulings

## SECTION 12: DISMOUNTS FROM PROPS

See NFHS spirit book for rulings that are not identified in the casebook with interpretations.

**3.12 CASEBOOK SITUATION A: (Prop Tips on Dismount)** Participant dismounts from a table by executing a toe touch. The table tips over as the participant dismounts. **RULING:** Illegal. Props should not tip over, fall or collapse when performers are on the props or dismounting.

**3.12 CASEBOOK SITUATION B: (Prop Collapses on Dismount)** A participant is dancing on a table that is 2 feet high. As they jump to the performance surface the prop collapses. **RULING:** Illegal. Props should not tip over, fall or collapse when performers are on the props or dismounting.

## REGULAR SEASON AND DISTRICT COMPETITIONS

Dates and locations for regular season and district events can be found on the WSDDCa website.

<http://www.wsddca.com/regular-season>.

<http://www.wsddca.com/districts>

## STATE CHAMPIONSHIP

Information about the State Championships can be found on the Dance/Drill page of the WIAA website.

[wiaa.com/dancedrill](http://wiaa.com/dancedrill) State Tournament Manager: Lara Lindersmith, [lalalindersmith@gmail.com](mailto:lalalindersmith@gmail.com).

## PART 6: WIAA POSTSEASON STANDARD OPERATING PROCEDURES (SOPs)

WIAA **Postseason Standard Operating Procedures (formerly Bound for State Regulations)** apply throughout the dance/drill season. You can view the regulations [here](#):

[MyWIAA](#) < Sports & Activities < Sport-Specific Resources < Dance/Drill

## PART 7: PRE-APPROVALS, PENALTIES, APPEALS, GAMES COMMITTEE

### SAFETY TECHNICAL PRE-APPROVAL GUIDELINES AND FORM

Safety Technical is abbreviated “ST” here and throughout this document.

Pre-approval forms do not exempt a team from a penalty. A skill or a costume may be pre-approved as legal on a video submitted; however, penalties are assigned based on the execution on the day of the performance. An incorrect execution of a skill or problem with a costume may result in a penalty. Music edits presented for pre-approval must be the same edit used for performances.

1. Download the 2024-2025 Pre-Approval Form from the WSDDJA website [www.wsddja.org](http://www.wsddja.org).
2. You must have one form for each routine and title them accordingly.
3. Complete the form describing the skills using specific details. Indicate the number of bases.
4. Return the form in a Word doc to the ST Director at [wsddja.st@gmail.com](mailto:wsddja.st@gmail.com) **by Monday evening in order to receive a response that week. Forms will be returned by Thursday night each week. Forms submitted after Monday may not be returned until the following week.**
5. Attach any photos as necessary.
6. Attach music in an MP3 format and include printed lyrics. Search various lyrics sites to check songs. Note a specific part of the music if there is a concern.



- a. Send music in an MP3 format.
- b. Include a song list used in the music.
- c. All lyrics used in music **must** be included.
7. Attach any videos using a YouTube link. Title and number skills. For example, say “this is Hip Hop skill #1,” so it can be matched to the written form. Make sure the link has the correct settings that will allow the Safety Technical Director to access the video (i.e. unlisted link).
  - a. Tape close enough that the bases’/spotters’ hands and grip are visible.
  - b. Tape from an angle that shows what bases and spotters are doing. If need be, film from two different angles. We need to see where spotters are standing.
  - c. Suggestion: tape using music so the ST Director can see the speed of the skill.
  - d. Suggestion: tape in costume in order to determine legality with the costume
8. If the form has not been returned within 10 days, email the ST Director again, as follow-up.
9. As skills are added or deleted, send revised forms for approval. Use one form for each category.
10. Make and keep copies for competitions and give to ST judges prior to the event. Coaches who want their copy back should pick it up when they pick up their ST penalty form after their performance.

## SAFETY TECHNICAL (ST) PENALTY FORM

Following each performance, coaches should pick up their team’s penalty form at the Safety Technical (ST) table. ***A coach needs to pick up this form as soon as possible after each performance.*** Coaches may appeal the application of a rule. Remember, ***judgment calls are unlikely to be overturned on appeal.*** Ask ST for an Appeal Form. See Forms and Documents section for the ST Penalty Form and Appeal Form.

## APPEAL FORM AND PROCESS

***Coaches have 20 minutes*** from the time they pick up their ST Penalty Form in which to file their appeal. The time of pick-up is referred to as Time of Notification. The coach returns the appeal to the ST table and will be notified when the ruling is completed. ***Appeal Forms submitted after the 20-minute deadline will be automatically denied.*** See the Forms and Documents section to access the Appeal Form.

## GAMES COMMITTEE PROCESS AND FORM

During postseason events, if an appeal is denied and the coach wishes to further contest a penalty, the coach must file a Games Committee form. Request one at the ST table. Complete and return the form to the same table. Access the Games Committee form in the Forms and Documents section.

The WIAA Postseason Operating Procedures (SOPs) state: “For the purpose of ruling on appeals, the Games Committee shall consist of the event manager, the head judge, a safety/technical judge not involved in the original decision and two participating coaches, athletic directors or school administrators not involved in the dispute in question (either competing in a different category or in a different classification). If the Games Committee cannot agree to support the appeal, then the original decision will remain in effect.”

### WIAA/WOA/WSDDJA Games Committee Guidelines

1. The Head Judge and Event Manager should establish who will serve on the Games Committee each day before competition begins.



2. All members of the Games Committee should be a neutral party. The two participating coaches, athletic directors or school administrators should not be involved in the dispute in question (either competing in a different category or in a different classification) and judges should not have any conflicts in the category for which the penalty was given (as defined by the WSDDJA Conflict of Interest Policy). In the event a Conflict of Interest is present on the established committee at the time of review, a neutral replacement shall be appointed in that individual's place.
3. Coaches must complete a Games Committee Ruling Request form *within 20 minutes* of receiving notification their appeal has been denied. Forms are available at the Safety Technical table. ***Any form submitted after the 20-minute deadline will be automatically denied.***
4. **Per WIAA guidelines, there will be no video review as part of the appeal or games committee processes.**
5. The Head Judge will convene members of the Games Committee to a designated meeting location.
6. Committee members are free to read the Appeal Form from the requesting team/coach.
7. Games Committee members discuss, vote on the appeal, and write their ruling on the bottom portion of the Games Committee Request form.
8. The Games Committee must:
  - a. Overturn the assigned penalty ***OR***
  - b. Deny the Appeal and assign the original total points deducted as designated by the Safety Technical penalty form.
9. The decision of the Games Committee shall be made by simple majority. In the event of a split decision (with an even numbered Committee), the WIAA representative on site will make the final ruling.
10. The Request for Ruling form will be returned to the penalty table for pick-up by the coach.
11. Games Committee decisions are final.
12. Following the Games Committee decision, should a participant, coach, or spectator direct verbal abuse, disrespect, or profanity toward a judge or the competition, an additional sportsmanship penalty may be given and/or may result in ejection.
13. The coach is responsible for checking back at the Safety Technical table to pick up the results.

## PART 8: DRILL DOWN GUIDELINES

### General Guidelines for Coaches and Participants

1. Only students from registered teams may participate in a competitive drill down
2. Competition drill downs will be called only by certified callers
3. Students participating in drill down must follow all NFHS Spirit Rules in regards to apparel and accessories (e.g. no jewelry or pins).
4. Participants are encouraged to wear team uniforms/warm-ups.
5. Participants must be silent during drill downs (including practice)
6. Coaches and students should educate their family and friends about the importance of being silent during drill downs (turn off those cell phones!)
7. Middle school and High school dancers will be separated during drill downs and will not be judged against each other.

### General Drill Down Information

#### 1. Posture



When standing, heels must be touching; toes do not have to touch, but should be close together; arms should stay at sides except for hand salute, dress right dress, and marching (arm movement optional); hands must be in blades at all times

**2. Tempo**

All movements must be executed at the speed of the caller's voice

**3. By the numbers**

Commands are performed only when numbers are called that correspond with stationary commands; a caller may call several commands in a row—commands are not executed until the numbers are called; caller will initiate this format by saying “by the numbers”; the caller must cancel this format by saying “cancel by the numbers” and/or “cancel all previous commands”; **either/both of these statement cancel by the numbers.** If marching commands are given and by the numbers is not canceled, by the numbers is still in effect after marching has stopped

**4. As you were**

Participants are required to say “as you were” when the caller calls a command that cannot rightfully be executed; the caller may say “as you were” back to the participants; if participants are at parade rest and caller calls commands that cannot be executed, these commands are automatically canceled when participants are called to attention

**5. Tricks**

Callers should not attempt to eliminate participants with tricks that are out of the ordinary while a majority of the participants are still on the floor, but should allow participants to demonstrate their expertise in executing standardized drill down commands

**Stationary Commands**

**1. A-ten-hut—1 count command**

Feet side by side and heels together; arms at sides; there must be some arm movement; participants must remain at attention at ALL times during the drill down, *including when the floor is cleared.* Head movement is determined by team style.

**2. Parade rest—1 count command**

Step out with left foot; feet shoulder width apart; the only command that can be executed from a parade rest is a-ten-hut; if another command is called, participants must say “as you were” after the caller says “1”; hand position and/or head drop is determined by team style

**3. Hand salute—2 count command**

Bring right hand in blade position to right brow on 1; drop arm quietly to side on 2; participants may bring left hand to waist as a style variation

**4. Dress right dress—2 count command**

Right hand to left shoulder on 1; extend right arm out to right and look right on 2; the only command that can be executed from a dress right dress is ready front; this command can be used to make lines; team style may vary slightly

**5. Ready front—2 count command**

Both arms extend straight out in front, palms facing each other on 1; arms drop to sides quietly on 2; ready front can only be executed after dress right dress

**6. Faces—2 count commands**

- a. **Right face:** Right heel, left toe pivot turn to the right; 90 degrees on 1, bring in left foot to right on 2 to close
- b. **Half right face:** Same as above, but a 45 degree turn

- c. **Left face:** Left heel, right toe pivot turn to the left; 90 degrees on 1, bring in right foot to left on 2 to close
- d. **Half left face:** Same as above, but a 45 degree turn
- e. **About face:** Place right toe approximately one inch behind left heel on 1; rock weight back on left heel on pivot 180 degrees on 2

**NOTE:** 1 and 2 are provided to show the order of movements; movements should be executed according to the speed of the caller's voice if not by the numbers

**NOTE:** Head delays are optional as they tend to be dictated by team styles

## Marching Commands

### 1. Mark time march

Begin marching in place with left foot first; this is used to start marching and set the marching pace; feet must clear the ground when marching; hands positions determined by individual/team styles; caller will say "mark time march" not "mark time *march*"; saying "up left" after "mark time march" is optional

### 2. Squad halt

Used to stop marching; this command may be called on either foot; once the command is called, the participant halts two beats (marches) later (i.e. halt 1, 2)

### 3. Flanks

Marching commands should not be executed until the command "march" is given; several commands can be given in succession before the command "march" is given; participants must wait until the command "march" is given, then execute the commands in the order they were stated; delayed heads are optional

- 1. **Right flank march:** This command is signaled when "march" is called on the right foot; to execute a right flank, step forward with the left foot, pivot 90 degrees to the right, and continue marching; right flank must be called on the right foot
- 2. **Double to the right flank march:** Same as above, but two right flanks are executed, the second immediately following the first
- 3. **Left flank march:** This command is signaled when "march" is called on the left foot; to execute a left flank, step forward with the right foot, pivot 90 degrees to the left, and continue marching; left flank must be called on the left foot
- 4. **Double to the left flank march:** Same as above, but two left flanks are executed, the second immediately following the first
- 5. **To the rear march:** This command is signaled when "march" is called on the right foot; to execute a to the rear, step forward with the left foot, pivot 180 degrees to the right, and continue marching; to the rear must be called on the right foot

**NOTE:** If caller calls command on incorrect foot, caller will acknowledge error immediately and students will **not** be called out for that command

Obliques are not used in Washington State.

# PART 9: FORMS AND DOCUMENTS

Coaches should familiarize themselves with these items before the competition season begins each year. As rules change, forms will adapt and change. Forms are updated annually and can be accessed at [www.wsddja.org](http://www.wsddja.org).



## **COSTUMING CUE CARD**

Formerly called the “On Deck Check”

Judges will not attempt to correct any violations prior to the team taking the performance floor. They will note the violations on the penalty form for each team.

## **PENALTY CUE CARD**

The judges will use this form as a quick-reference sheet during safety/technical judging.

## **OFFICIAL SCORESHEET**

This score sheet is used to judge all categories at all WIAA sanctioned events.

## **NDCA-WA RUBRIC**

This rubric is a tool for both coaches and judges. It can be an excellent tool to use with students.

## **SAFETY TECHNICAL PRE-APPROVAL FORM**

This form must be submitted for all pre-approvals. Coaches may access this form and additional information at [wsddja.org](http://wsddja.org). Be sure to follow *all* directions.

## **WIAA/WOA DANCE/DRILL SAFETY-TECHNICAL PENALTY FORM**

This form is used to notify coaches of penalties at competitions.

## **WIAA/WOA DANCE/DRILL PENALTY APPEAL FORM**

If coaches wish to appeal a safety-technical penalty, they must complete this form and submit it within 20 minutes of notification.

## **REQUEST FOR GAMES COMMITTEE RULING FORM**

Coaches who are not satisfied with the outcome of an appeal may submit a request to be reviewed by the Games Committee. This only applies at postseason events.

